

NewsWIC



Fond du Lac County Health Department

Fall 2016



Why A Colorful Diet is Important!

Fruits and vegetables come in a variety of colors and offer a wide range of health benefits. It's important for our diet to include all the colors of the rainbow because they offer many benefits to keep our bodies healthy! Here are a few health benefits of different fruit and vegetable colors.

Red, Purple and Blue

Foods that are red, purple and blue such as blueberries, strawberries, beets and tomatoes are high in antioxidants. If the produce is darker in color, they will contain even more antioxidants. One of the main properties of red fruits and vegetables are their source of fiber. Raspberries have an excellent source of fiber. **Fiber is important because it helps promote our digestive health.**

White

Examples of white produce include mushrooms, parsnips, potatoes and cauliflower. Cauliflower is a great source of Vitamin C, Vitamin K and folate. **These vitamins help with processing energy in our body.** Potatoes have a healthy amount

of potassium in them. **Potassium is important for our muscles, heart and kidneys!**

Orange and Yellow

Orange and yellow produce help in improving **eye health** and **cancer prevention**. They also help with **skin health** by protecting our skin, tissues and cells from environmental toxins. Orange and yellow fruits and vegetables include bell peppers, oranges and carrots. Oranges and peppers provide Vitamin C which helps with our **immune system** and **wound healing**.

Green

Green fruits and vegetables are naturally high in Vitamin A, Vitamin C, Vitamin E, iron and zinc. Dark green leafy vegetables can help **protect us against certain diseases** and **osteoporosis** due to their high calcium levels. Green leafy vegetables are also high in **antioxidants** as well as fiber, magnesium and potassium. Green vegetables include spinach, kale, broccoli, cucumbers, celery, beans and peas!



Breastfeeding Corner

Nipple Piercings and Breastfeeding



“You’ll never be able to breastfeed since your nipples have been pierced.” This is said by health care staff, well-meaning friends or

uninformed breastfeeding counselors. Piercings and breastfeeding are compatible, as long as certain precautions are followed.

Nipple piercings can take up to a year to fully heal; it’s best to plan to get piercings at least 12-18 months *before* planning a pregnancy, which allows piercing time to heal and creates a channel, before the bodily and hormonal changes that come with pregnancy. The healed channel allows for removal of jewelry during breastfeeding without worry of closing up, reduces risk of baby choking, and also reduces the risk of latching problems, such as damage to the inside of baby’s mouth or passing of bacteria from the jewelry to baby. Breastfeeding is generally not affected by healed nipple piercings. Nipples have 8-12 nipple pores and it is unlikely, but possible, that well-healed piercings will block all pores. Professional piercers won’t pierce a currently breastfeeding woman and will discourage a new mom from doing so. Mom will have to decide if she can wait until baby weans.

It is very important that a piercer sterilizes their equipment and jewelry, properly handles used equipment, thoroughly washes hands and wears gloves when doing piercings. Shop carefully for a piercing artist, checking with the local health department for laws and regulations.

WIC Breastfeeding phone numbers:

Kara 929-3106
Sarah 929-3953
Kathy 929-3198
Marla 929-3152
Amanda 906-4794

Peer Counselors:
Sarah S. 960-2358
Bertha 929-6895 or
251-2862 (Spanish)



Fond du Lac County

Immunizations

If you have insurance through an employer, you should see your doctor for immunizations. **If you have Badger Care/Forward Health, vaccines are available at the FDL County Health Department on the 2nd Monday of each month from 3:00-5:00 PM.** Please call before coming to make sure vaccines are available. If you have any questions, please call the Health Department at 929-3085.

Did You Know?

As a WIC participant, you have the right to file a formal complaint about vendor practices. When filing a complaint with us, please include as much information as possible so that the State and Local WIC offices can follow up appropriately. For example: include where you were shopping, what time you were shopping, what register you were using, what product you were trying to purchase and if possible, a picture of the UPC code of the item you were attempting to purchase. For more information, feel free to ask WIC staff about the complaint process or to request the complaint form.



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